



SENIOR *life* R



AUGUST 2017

Activities Calendar

aug 10

Healthy Living for Your Brain and Body: Tips from the Latest Alzheimer's Research. 10:00 am - 11:30 am at the Greeley Senior Center, hosted by the Alzheimer's Association. To register call 800-272-3900

Keep your feet healthy as you age. Are you experiencing burning, tingling or numbness in your feet? Chronic pain? Dr. James Anderson, DPM, discusses symptoms, causes and treatment options for common conditions that occur as you age, from 10-11 am at the Greeley Senior Center, 1010 6th St. No charge, but call the Aspen Club at 970-313-2796 to register.

aug 11

West Greeley Conservation District presents a free summer BBQ. Enjoy food, conservation information from the Rocky Mountain Raptor program, CSU Bug Zoo, and NRCS Soil Conservationist to name just a few. Drop by from 4-8 pm at Houston Gardens, 515 23rd Ave. in Greeley. Please RSVP by Aug. 4 at 970-356-8097 x. 3.

AUGUST Support Groups:

Alzheimer's Caregivers Support Groups

Eaton 3rd Tuesday at 10:00 am: Free Evangelical Church, 1325 3rd St., Eaton

Greeley 3rd Thursday at 2:00 pm: Alzheimer's Association 918 13th St., Ste. 1, Greeley

Greeley Adult Children 3rd Tuesday at 6:00 pm: Alzheimer's Association 918 13th St., Ste. 1, Greeley

Greeley 2nd & 4th Tuesday 9:30 am: Westview Church of Christ, 4151 W 20th St., Greeley

Parkinson's Support Group Greeley 4th Thursday 10:00 am: Hope Pool & Therapy Center, 2780 28th Ave., Greeley

Community Grief Center

Understanding Grief class: Learn about the grief process and receive support through a series of seminars. First Tuesday of each month at 6:30 pm 4650 W 20th St., Greeley. No charge (970) 506-4114 for more information.

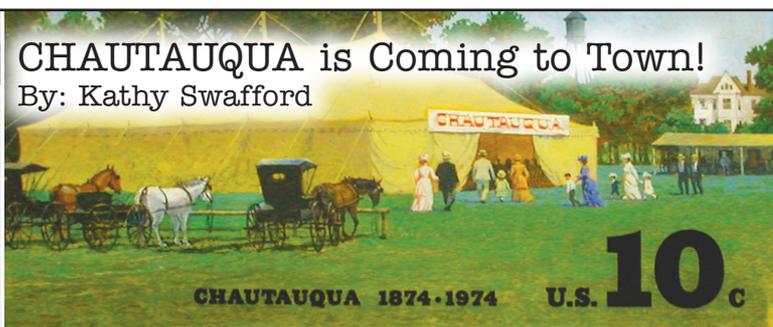
Men's Bereavement Group

Thursday at 10:00 am: sponsored by TRU Hospice of Northern Colorado 2726 W 11th St. Rd., Greeley. No fee (970) 352-8487 for more information.

Senior Life is sponsored by the Weld County Area Agency on Aging. If you have a story idea or something to share, please contact us at (970) 346-6950 or hdarby@weldgov.com. All content is subject to editing and/or approval by Weld County.

CHAUTAUQUA is Coming to Town!

By: Kathy Swafford



Chautauqua (shuh-TAW-kwuh) was a highly popular adult education movement in the United States in the late 19th and early 20th centuries. It brought speakers, entertainment, teachers, and musicians to many communities, especially in rural America.

The name is an Iroquois word meaning "tied in the middle" or "two moccasins tied together," which described the shape of Chautauqua Lake, located in southwest New York where the first assembly was held.

In 1874 John Vincent and Lewis Miller rented a Methodist camp meeting site to teach Sunday School teachers. Soon camps expanded to provide education through lectures, reform speeches and inspirational talks, plus nondenominational religious

expression. Many famous people spoke, such as William Jennings Bryan and Susan B. Anthony.

Eventually it evolved into "Tent Chautauquas," which moved from town to town every few days. By the mid-1920s, tent Chautauquas had come to over 10,000 communities.

By the mid-1930s the Chautauqua movement began to die out, as people could get information and entertainment from the radio and movies, and also had cars to travel to events and education. Audiences had no money during the Depression, so organizers went out of business.

Recreated in the 1970s, the modern humanities Chautauqua features a series of scholars offering first-person portrayals of historical characters. Now many

states have chautauquas sponsored by their humanities councils, bringing the past to life.

Since 2000, the High Plains Chautauqua in Greeley has been held in a huge tent on the Aims Campus, in conjunction with Colorado Humanities. Over 7000 people attend this free, 5-day living history festival.

Mark your calendars for August 1 - 5, 2017, when the theme of "Echoes of World War I" comes alive in nightly performances and daytime programs.

In recognition of the 100th anniversary of the United States' entrance into the Great War, the program will examine our participation and the impact on American life itself. Meet characters such as Winston Churchill, Emily Griffith, Presidents Woodrow Wilson and Herbert Hoover, among others.

The schedule is available at libraries or at www.highplainschautauqua.org. The program is free but donations are appreciated.

Sources: www.chautauqua.org; www.chautauqua.com; www.highplainschautauqua.org

SENIOR HEALTH & Fitness

Powerful Tools for Caregivers Grandparent Workshop:

If you are the primary caregiver for a grandchild, this workshop will help you learn to reduce stress, guilt, and anger; gain relaxation techniques; set goals and problem-solve. Workshop meets once a week for six weeks. FREE but registration is required by calling 970-400-6130.

Tuesdays 8/8/17 to 9/12/17: North Colorado Medical Center, Greeley: 9:00 - 11:30 am

SENIOR Life

Gripe of the Week

Linda is frustrated by slow drivers who live in the left lane: She says they are not only a nuisance but a safety hazard as well. Colorado law requires drivers to move over if they are blocking traffic. When driving less than the speed limit, please stay in the right lane. It's safer for both of us.

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 8/7

Lemon Baked Fish, Tartar Sauce, Lemon Wedge, Orange, Apple, Banana, Baked Potato, Butter, Sour Cream, Asparagus and Red Pepper, Morning Muffin

tues 8/8

Mexican Chicken Bake, Corn, Sugar Snap Peas with Red Pepper, Pears, Sandy's Cookie, Butter

wed 8/9

Roast Turkey with Gravy, Mac and Cheese, Beets, Strawberry and Bananas, Wheat Roll, Butter

thurs 8/10

Krautburger, Roasted Red Potatoes, Grapes, Melon and Bananas, Nut Cup, Butter

fri 8/11

Vegetable Lasagna, Tossed Salad, Sliced Almonds, Italian Dressing, Pears, Peaches and Cherries, Crunchy Fruit Snack, Multigrain Bread Slice, Butter

Did you know? Ketchup was sold in the 1830's as medicine.



Senior Exercise Expo

By Whitney Janzen-Pankratz

It is common knowledge that exercise is good for us. By being

active we can help preserve our quality of life by preventing falls, managing chronic health conditions, elevating our mood, and staying involved with the community around us. Even though exercise is something many of us want to do it is often hard to know where to start. With so many options about how to exercise, and not knowing how to connect to them, the prospect can be overwhelming.

Does this sound familiar? Are you looking for a way to find opportunities to be active with others? Do you need ideas for ways to exercise that might be, dare I say,

fun? If so, this information summit is what you've been looking for!

Come to the Greeley Senior Center on August 22nd from 1-2 pm to learn about great exercise options in the Greeley and Evans area. In partnership with the Weld Aging Well program, the Greeley Senior Center has invited representatives from Walking Groups, Wellness Coaching, Yoga and Tai Chi classes, Weight Lifting classes, the Rocky Mountain Senior Games and more. So lace up your walking shoes and come by to learn more about these fun and healthy opportunities.



The Greeley Senior Activity Center will be hosting a free summer open house on August 7th, from 3-6pm to demonstrate all that is offered at the Senior

Center. Anyone 50 and older may join the Greeley Senior Activity Center (GSAC). Membership is \$22 a year for Greeley residents and \$24 for non-residents. Members are able to enjoy free daily entry, a parking permit, a variety of weekly activities, discounted trips and classes and much more. Classes vary from learning about Alzheimer's disease to painting and sketching. The Senior Center also offers massage, acupuncture and foot care treatments to the public. You don't need to be a member just an appointment and 50+ is required.

Come enjoy the open house where there will be demonstrations of many activities such as ceramics, lapidary, woodcarving, billiards,

shuffleboard, scrabble and much more. Vendor booths such as Keenage Singers, Sunshine Band, and Trips / Travel will be staffed with people to answer your questions. Hors d'oeuvres and tours will also be offered throughout the afternoon. Join the fun with square dancing from 5-7 p.m.! Parking will be free in the Senior Center lot during the open house. This is your chance to check out all the fun that happens at the Senior Activity Center.

The Greeley Senior Activity Center is located at 1010 6th St. in downtown Greeley. For more information, call (970) 350-9440 or go to <http://www.greeleysenioractivitycenter.com>.

Submitted: Ariel Orland, Intern UNCO

WANTED: Your Gripe of the Week

Submissions for Gripe of the Week are invited. There are no limits on the kinds of "gripes" other than that the subject must be in good taste, must not be "political" in nature, and must not offend any class, group or individual. Gripe selection is at the discretion of the Gripe editor, should not exceed 75 words in length, and is subject to edit. Submit your pet gripe to Gripe editor, Dick Williamson, radiomemry@gmail.com or c/o hdarby@weldgov.com.